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- GRAY SCALE DOCUMENTS

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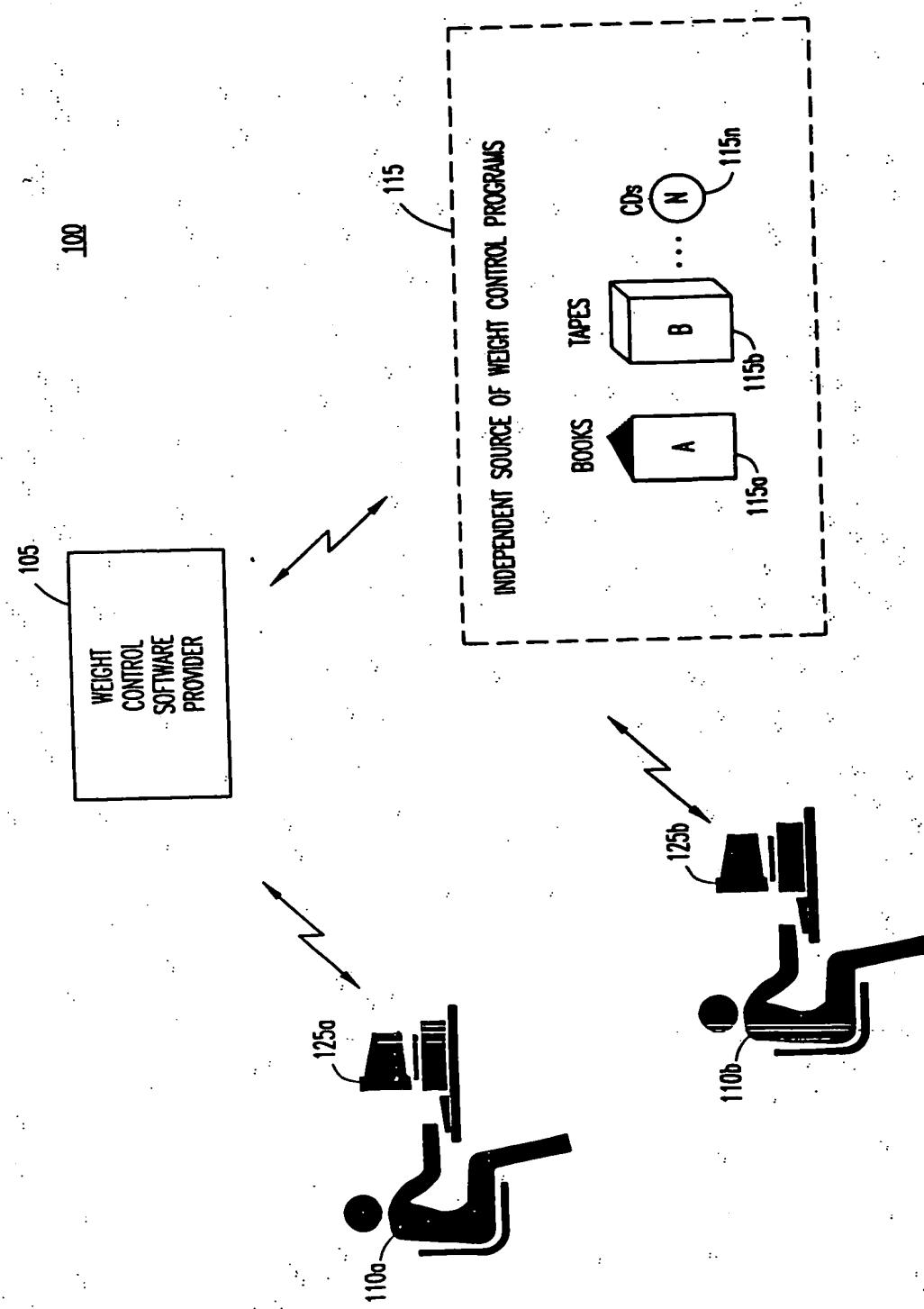


FIG. 1

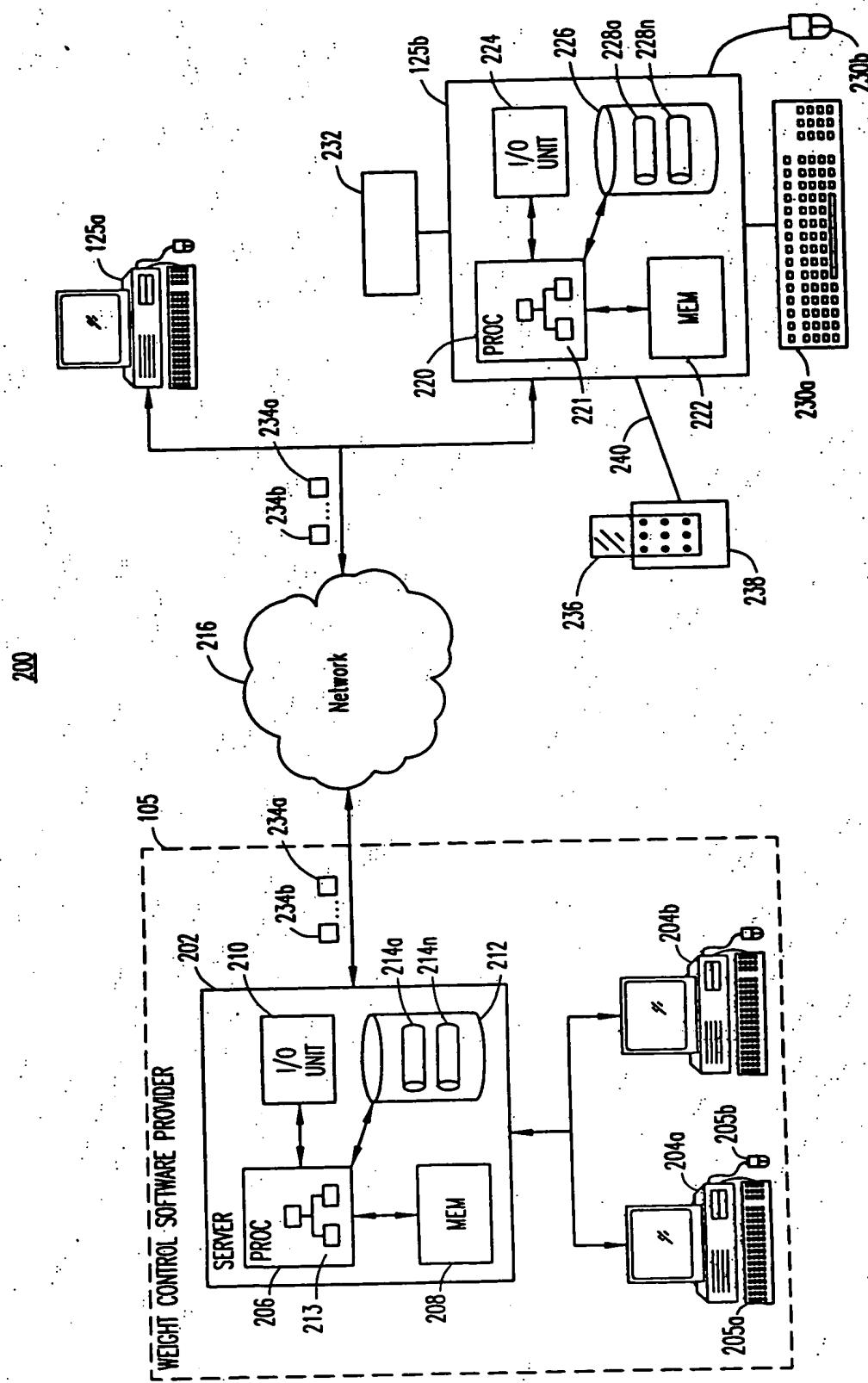
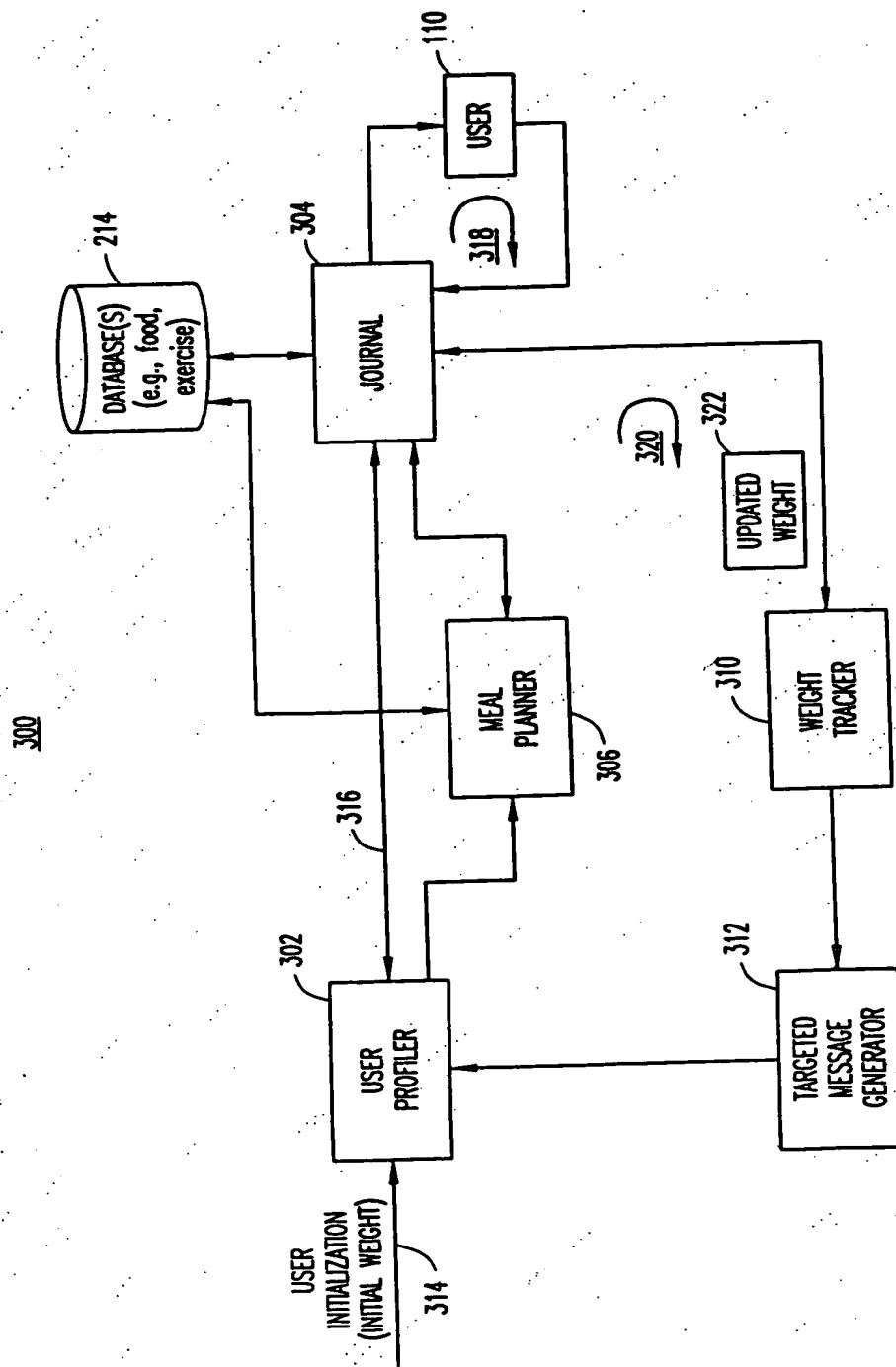


FIG. 2



3
FIG.

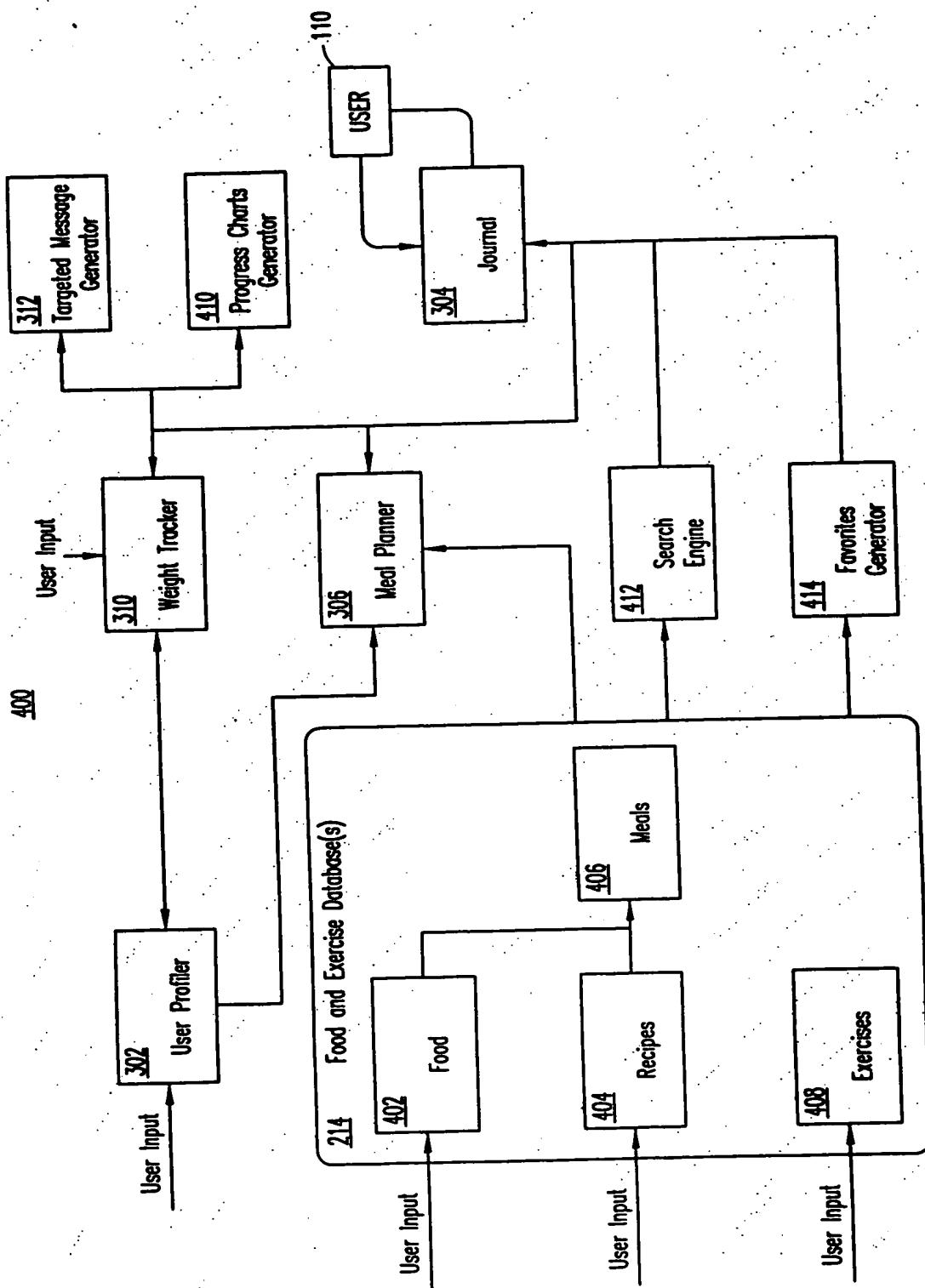


FIG. 4

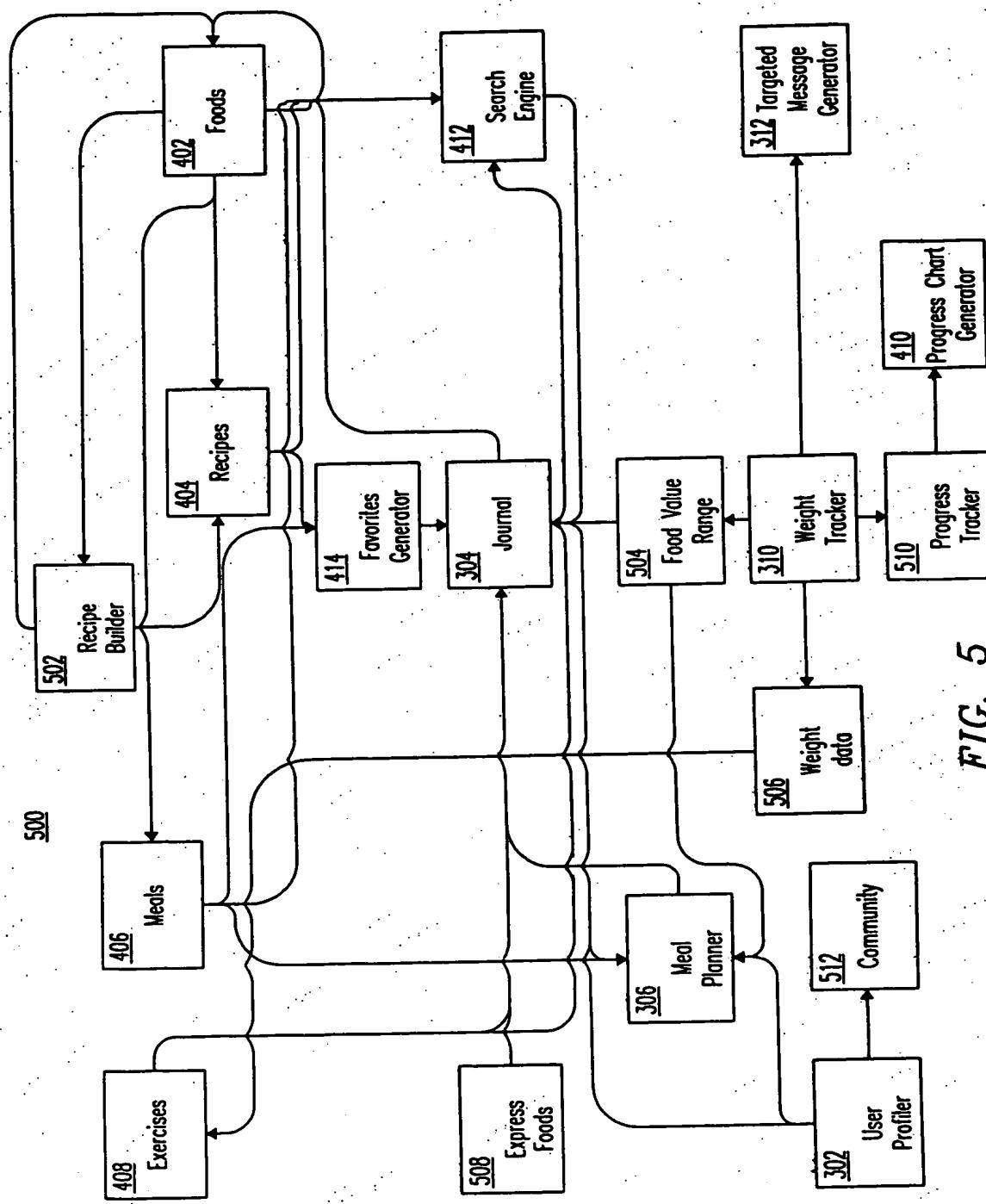


FIG. 5

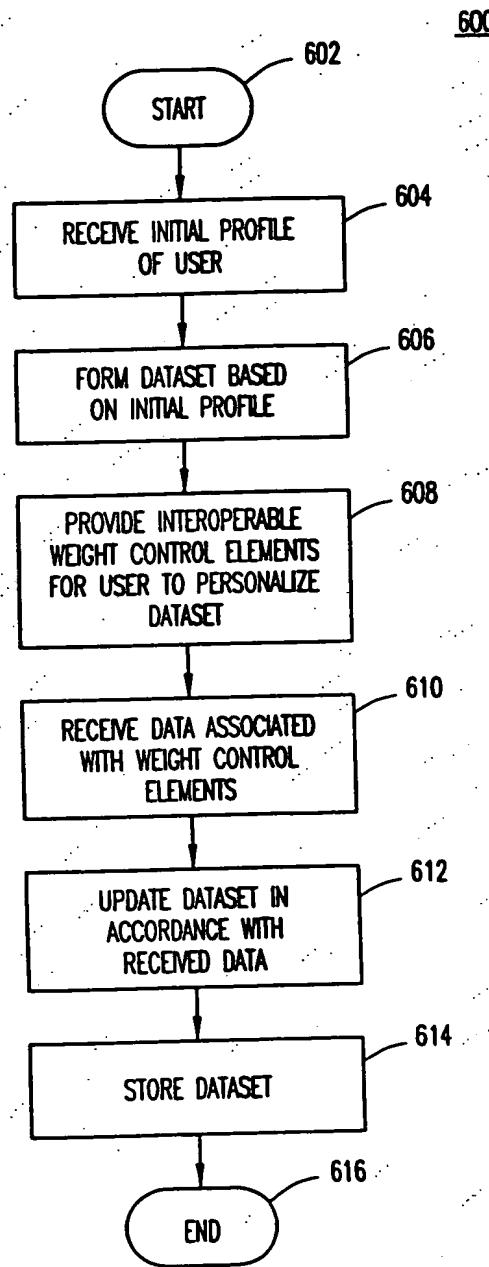


FIG. 6

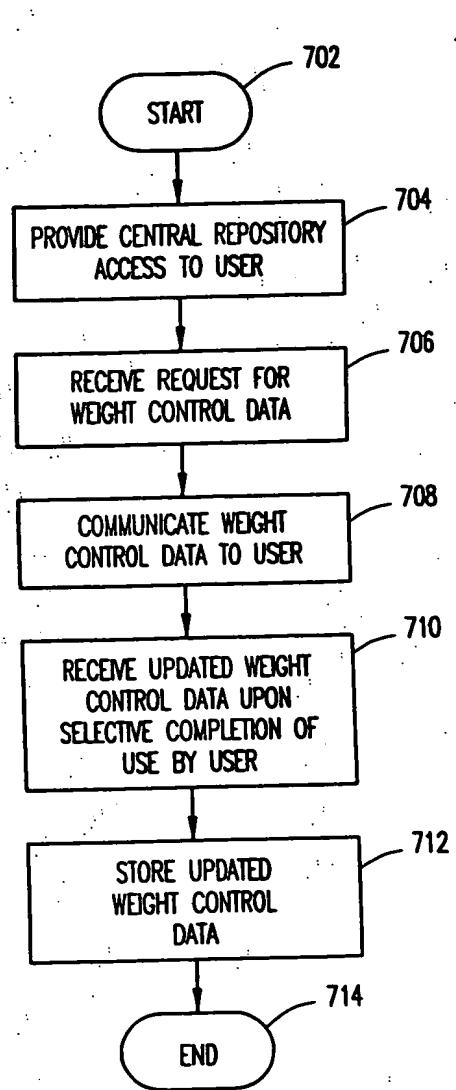
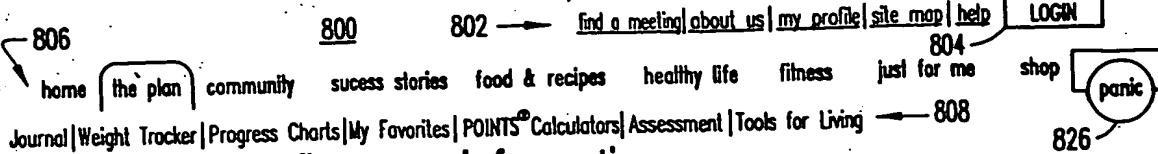


FIG. 7

Title: Weight Control System
With Meal Plan and Journal
Inventor: Kirchhoff, et al
03968-P0001C

8/28



step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

Current Weight Information

Current Weight: 223lb

Height: 5'8"

Gender: M

Birthdate: 7/14/1966

810

Make changes to Weight Information

Personal Information

First name: John

Last name: Smith

Address: 1 MAIN SL

City: Anytown

State: NY

Zip code home: 12345

Zip code work: 12346

Country: United States

Phone: (212) 555-1234

E-mail: jsmith@workplace.com

Receive Information: No

E-mail Weight Loss Progress: No

E-mail Format: text

Profession: Professional (e.g., doctor, lawyer)

Marital status: Single

Number of children: 0

Lifetime Member: 98765

Meeting Member number: 98765

Make changes to Personal Information

Payment Information

Credit Card: Visa

Credit card number: ****1111

Expiration date: 2/2002

Name as it appears on the card: John Q Smith

Billing Address: 1 MAIN St.

City: Anytown

State: NY

Zip code: 12345

Make changes to Payment Information

Total Subscription Charges for

Monthly Fee: \$8.00 x 6=: \$48.00

Savings/Discount: \$0.00

Taxes: \$0.00

Total Charges: \$48.00

810

812

814

Other Characteristics

Attitude: Generally Happy

Athletic: Yes

Eye color: Blue

Hair color: Brown

Other Demographics

Race: Caucasian

Religion: Catholic

Ethnicity: Irish

Blood type: A+

814

Health Restrictions

None

816

Desired Meal Plan Type

Regular

818

822

824

FIG. 8

900a

806

806b

802 → find a meeting|about us|my profile|site map|help|LOGOUT

808a

808b

914

my journal

904a

904b

904c

904d

906

Friday, Jan 25, 2002 • Target: 27 Range: 22-27 Bank: 3

print day print blank journal user guide

SAVE & BANK

918

910 Total Food POINTS used 24

912

916

908

Step 1: Select a meal time:

920 Morning Midday Evening Snack

Step 2: To add food, you can either:

- Search our food database FIND
- Select a favorite ADD
- Express it! Enter your food and its POINTS value:
 Food: POINTS: ADD
 POINTS calculator

Need Help? Go to the [Journal User Guide](#)

Find tips from others on the [Weight Watchers eTools Tip Exchange](#)

DELETE CHECKED ITEMS

| | | | |
|--|-----|------------------------|----|
| <input type="checkbox"/> Check All | 910 | Total Food POINTS used | 24 |
| Morning | | | |
| <input type="checkbox"/> 1 medium pear(s) | 1 | | |
| <input type="checkbox"/> 1 cup light artificially sweetened yogurt | 2 | | |
| <input type="checkbox"/> 1/2 cup General Mills Whole Grain Total | 1 | | |
| <input type="checkbox"/> 6 average almonds | 1 | | |
| <input type="checkbox"/> MAKE THIS MEAL A FAVORITE | | Subtotal | 5 |
| Midday | | | |
| <input type="checkbox"/> 6 oz baked potato | 3 | | |
| <input type="checkbox"/> 1 oz low-fat cheddar or colby cheese | 1 | | |
| <input type="checkbox"/> 1/2 cup cooked broccoli | 0 | | |
| <input type="checkbox"/> 2 cup mixed greens | 0 | | |
| <input type="checkbox"/> 1 tsp olive oil | 1 | | |
| <input type="checkbox"/> 1bsp vinegar | 0 | | |
| <input type="checkbox"/> 1 medium orange(s) | 1 | | |
| <input type="checkbox"/> MAKE THIS MEAL A FAVORITE | | Subtotal | 6 |

Internet

FIG. 9

1000

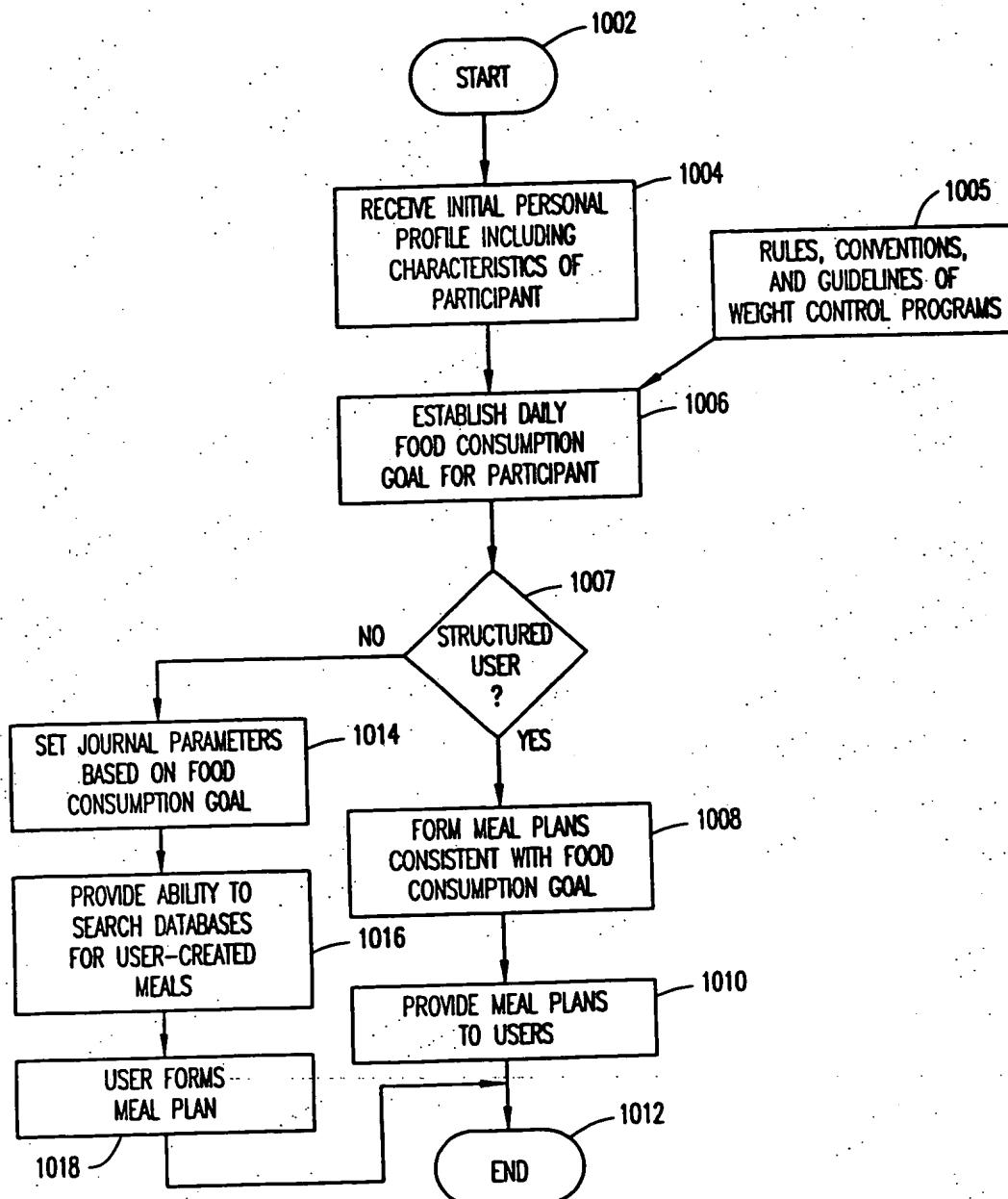


FIG. 10

900b

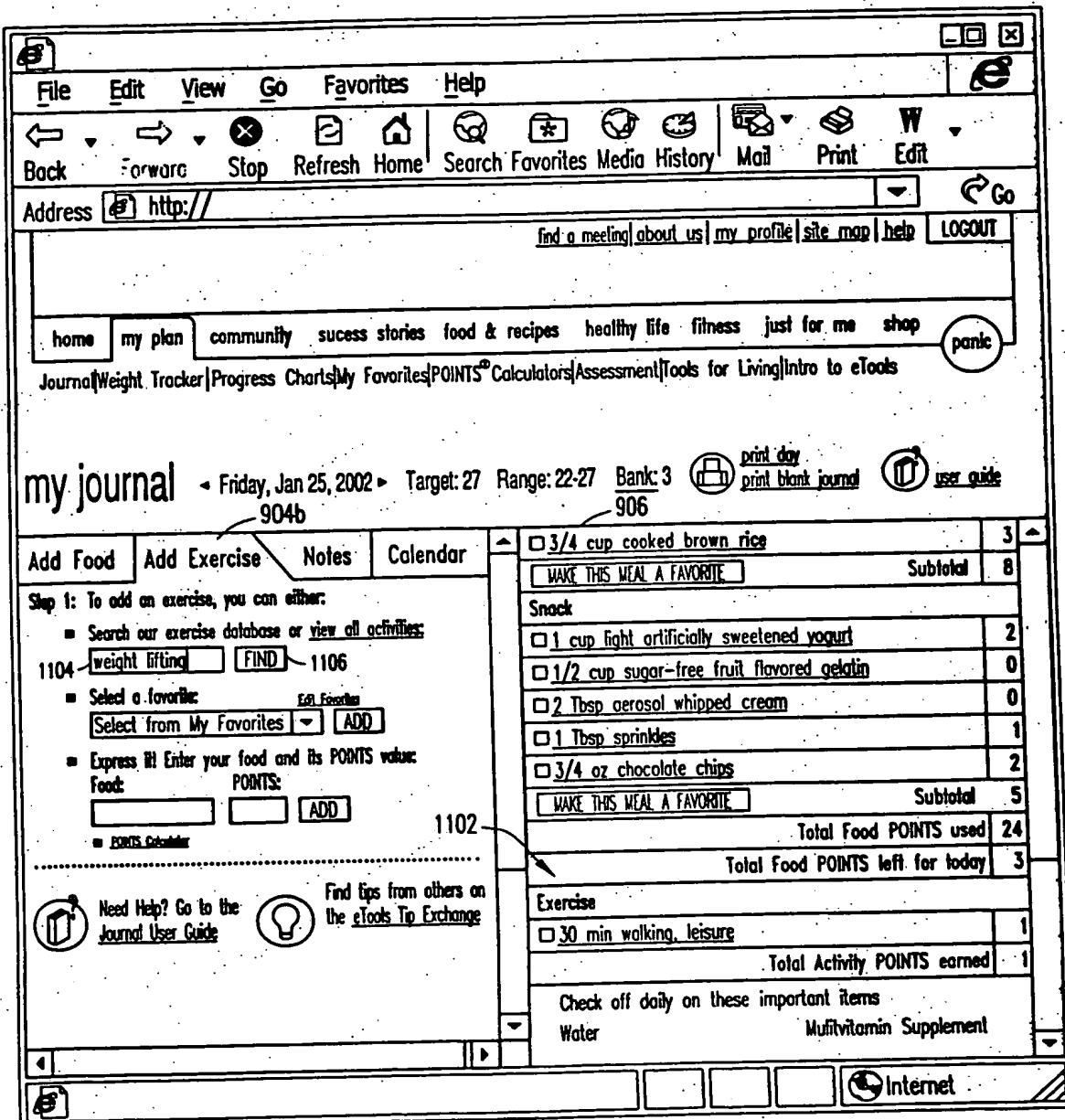


FIG. 11

12/28

900c

914

my journal

Friday, Jan 25, 2002 Target: 27 Range: 22-27 Bank: 3

print day print blank journal user guide

906

| DELETE CHECKED ITEMS | | SAVE & BANK |
|--|------|---|
| <input type="checkbox"/> Check All | | Total Food POINTS used 24 |
| Morning | | |
| <input type="checkbox"/> 3 slice(s) crisp cooked bacon | | 4 |
| <input type="checkbox"/> 2 large fried egg(s) | | 5 |
| <input type="checkbox"/> MAKE THIS MEAL A FAVORITE | | Subtotal 9 |
| Midday | | |
| <input type="checkbox"/> 1 small serving(s) cooked lean beef steak | | 7 |
| <input type="checkbox"/> 1 cup(s) fruit salad | | 2 |
| <input type="checkbox"/> MAKE THIS MEAL A FAVORITE | | Subtotal 9 |
| Evening | | |
| <input type="checkbox"/> Subtotal | | 0 |
| Snack | | |
| <input type="checkbox"/> Subtotal | | 0 |
| <input type="checkbox"/> 1102 | | Total Food POINTS used 18 |
| <input type="checkbox"/> Total Food POINTS left for today | | 9 |
| Exercise | | |
| <input type="checkbox"/> 60 min jogging | | 7 |
| <input type="checkbox"/> Total Activity POINTS earned | | 7 |
| Check off daily on these important items | | |
| Water | 1204 | Multivitamin Supplement |
|  | | <input type="checkbox"/> |
| Fruits & Vegetables | 1206 | Milk & Milk Products |
|  | |  |
| DELETE CHECKED ITEMS | | SAVE & BANK |

1202

Find tips from others on the [eTools Tip Exchange](#)

Need Help? Go to the [Journal User Guide](#)

1202

FIG. 12

900d

914 →

my journal ← Friday, Jan 25, 2002 → Target: 27 Range: 22-27 Bank: 0 906 →

Add Food **Add Exercise** **Notes** **Calendar**

Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows.

| | | | | | | |
|------------|------|-------------|----|----|----|----|
| Jan | 2002 | > | | | | |
| Su | M | T | W | Th | F | S |
| 1 | 2 | 3 | 4 | 5 | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

1302

DDD Calendar Key

- Today's date
- The journal day you are viewing
- Your scheduled weight tracking day
- journal is complete: POINTS are banked!

Need Help? Go to the [Journal User Guide](#)  Find tips from others on the [eTools Tip Exchange](#)

DELETE CHECKED ITEMS **SAVE & BANK**

| | | |
|--|------------------------|----|
| <input type="checkbox"/> Check All | Total Food POINTS used | 24 |
| Morning | | |
| <input type="checkbox"/> 3 slice(s) crisp cooked bacon | | 4 |
| <input type="checkbox"/> 2 large fried egg(s) | | 5 |
| MAKE THIS MEAL A FAVORITE | Subtotal | 9 |
| Midday | | |
| <input type="checkbox"/> 1 small serving(s) cooked lean beef steak | | 7 |
| <input type="checkbox"/> 1 cup(s) fruit salad | | 2 |
| MAKE THIS MEAL A FAVORITE | Subtotal | 9 |
| Evening | | |
| | Subtotal | 0 |
| Snack | | |
| | Subtotal | 0 |
| Total Food POINTS used 18 | | |
| Total Food POINTS left for today 9 | | |
| Exercise | | |



FIG. 13

14/28

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meal plans

808c

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to weight loss tools.

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1404

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meal plans

808c

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[view next week's plan](#)

[see Daily View](#)

[print](#)

need help?

[Learn more and answer questions in our meal plan user guide.](#)

[meal plan user guide](#)

[meal planner profile](#)

[Plan for Me-Plus](#)

[Special diet \(Regular](#)

[POINTS range 22-27](#)

[edit meal plan profile](#)

[about meal plans](#)

Jan 23 - Jan 29

[add plan to my journal](#)

1402

POINTS

WEDNESDAY

23

MORNING:

6

MIDDAY:

5

EVENING:

7

SNACK:

5

THURSDAY

POINTS

23

MORNING:

6

MIDDAY:

5

EVENING:

7

SNACK:

5

SATURDAY

POINTS

24

MORNING:

5

MIDDAY:

6

EVENING:

8

SNACK:

5

MONDAY

POINTS

23

MORNING:

5

MIDDAY:

6

EVENING:

7

SNACK:

5

TUESDAY

POINTS

24

MORNING:

6

MIDDAY:

5

EVENING:

8

SNACK:

5

[view next week's plan](#)

[see Daily View](#)

[print](#)

FIG. 14

15/28

1500g

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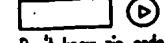
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meal plans

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#)

1504

need help?

Learn more and
 @ answer questions in
 our meal plan user
 guide.

[meal plan user guide](#)

meal planner profile

Plan for Me-Plan

Special diet/Regular

POINTS range/22-27

[edit meal plan profile](#)

[about meal plans](#)

MORNING: [Swap for another meal?](#)

POINTS

6

| | |
|--|---|
| Cheese Omelet | 6 |
| ■ 3 medium egg white(s) | 1 |
| ■ 1 tsp basil | 0 |
| ■ 1 oz low-fat cheddar or colby cheese | 1 |
| ■ 1 slice high-fiber bread | 1 |
| ■ 1 cup canned fruit cocktail, packed in water | 1 |
| ■ 1 cup low-fat milk | 2 |

MIDDAY: [Swap for another meal?](#)

POINTS

5

| | |
|--|---|
| Veggie Chili | 5 |
| ■ 1 cup Health Valley Wild Vegetarian Chili | 2 |
| ■ 1 cup fresh vegetable sticks | 0 |
| ■ 1 Tbsp reduced-calorie salad dressing | 1 |
| ■ 1 cup grapes | 1 |
| ■ 1 slice toasted wheat bread | 1 |
| ■ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine | 0 |

EVENING: [Swap for another meal?](#)

POINTS

7

| | |
|--|---|
| Apricot Turkey Breast with Cinnamon Squash | 7 |
| ■ 4 oz boneless, skinless turkey breast(s) | 3 |
| ■ 1 Tbsp apricot jam | 1 |
| ■ 1 tsp ground ginger | 0 |
| ■ 3/4 medium acorn squash | 2 |
| ■ 1/8 tsp ground cinnamon | 0 |
| ■ 1 Tbsp light butter | 1 |
| ■ 1 1/2 cup green snap beans | 0 |

SNACK: [Swap for another meal?](#)

POINTS

5

| | |
|-----------------------------------|---|
| Snacks and Treats | 5 |
| ■ 1 cup 0-POINT soup | 0 |
| ■ 1 cup fresh vegetable sticks | 0 |

FIG. 15A

1500b

The screenshot shows a web browser window for the Weight Control System. The address bar shows <http://>. The menu bar includes File, Edit, View, Go, Favorites, Help, Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit, and a Go button. The toolbar includes icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. The navigation bar includes links for home, my plan, community, success stories, food & recipes, healthy life, fitness, just for me, shop, and a panic button. The main content area shows a "meal plans" section with a large heading "my 7-day meal plan". Below it is a sub-section "Using a meal plan is a simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, see our meal plan user guide." There are links for "next day" and "weekly view". A "need help?" box on the right lists links: "Learn more and answer questions in our meal plan user guide", "meal plan user guide", "meal planner profile", "Plan for Me-Plan", "Special diet (Regular POINTS range 22-27)", "edit meal plan profile", and "about meal plans". The main meal plan table for Wednesday, Jan 23, 2003, has 23 POINTS. It shows a list of morning items: Cheese Omelet, 3 medium egg whites, 1 tsp basil, 1 oz low-fat chedd, 1 slice high-fiber bread, 1 cup canned fruit, water, and 1 cup low-fat milk. A dropdown menu for "Swap for another meal?" lists: Cheese Omelet, Almond Apricot Flakes, Yogurt Topped Fruit, From the Coffee Shop, Raisin Nut Flakes, Apricot Yogurt Sundae, and Apple-Almond Topped Pancakes. The table has a "update my meal plan" button. The bottom right corner of the table has the number 1506. The footer includes a "Internet" icon and a "Logout" button.

FIG. 15B

Title: Weight Control System
With Meal Plan and Journal
Inventor: Kirchhoff, et al
03968-P0001C

17/28

900e

The screenshot shows a web browser window for the eTools Weight Control System. The address bar shows 'http://'. The menu bar includes File, Edit, View, Go, Favorites, and Help. The toolbar includes Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. The main content area is titled 'my journal' and shows the date 'Tuesday, Jan 22, 2002'. It features a 'TODAY'S TALLY' table and a 'BANK BALANCE' table. A sidebar on the left lists various tools and resources. A footer at the bottom includes links for 'Need Help?', 'Find tips from others on the eTools Tip Exchange', and 'Internet'.

my shortcuts [Logout](#)
to weight loss tools.

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I'm not Kevin [edit profile](#)
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Journal | Weight Tracker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living | Intro to eTools

my journal - Tuesday, Jan 22, 2002 [print day](#) [print blank journal](#) [user guide](#)

Thanks!

Here's how you did today:

| TODAY'S TALLY | | Today's POINTS |
|--|--|----------------|
| Target POINTS for today | | 27 |
| Food POINTS used | | 28 |
| Activity POINTS earned (maximum 4 per day) | | 4 |
| Banked POINTS | | 3 |

►►► BANK BALANCE Today's POINTS

| | |
|--|-------------------------|
| Your new bank balance | 3 |
| Your bank balance will reset to zero on: | Wednesday, Jan 30, 2002 |

Thanks for journaling today! We'll see you tomorrow

Need Help? Go to the [eTools Tip Exchange](#) [Find tips from others on the eTools Tip Exchange](#)

[eTools](#) [Internet](#)

FIG. 16A

900f

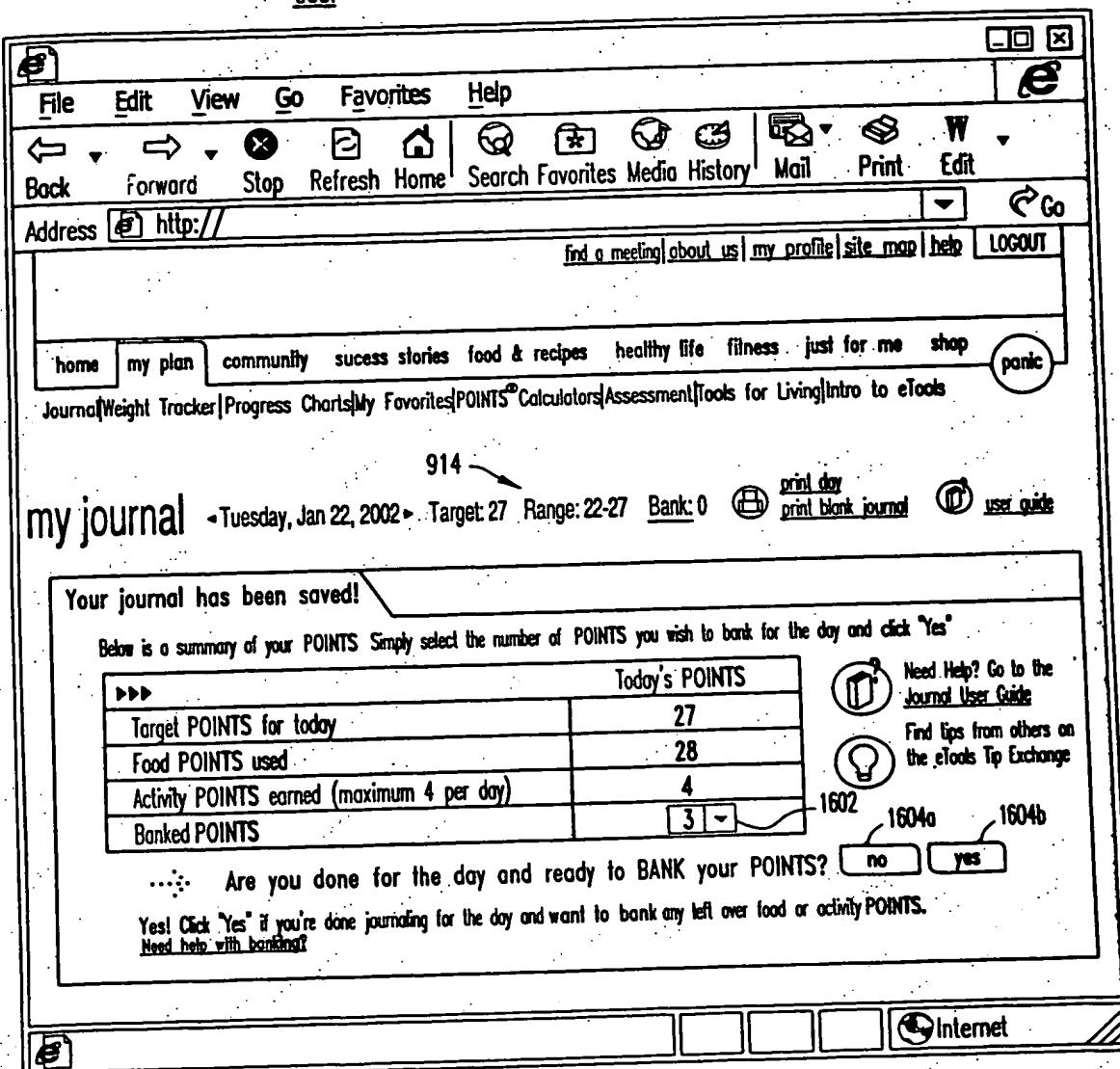


FIG. 16B

19/28

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1700

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recipes

results of search or browse

Search Details: Keywords: chicken. Points Range: 5 to 7

Your search returned 48 recipes page 1 of 3 [prev](#) [next](#)

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Search Keywords:

[All](#) [▼](#)

[FIND](#)

POINTS range: to [FIND](#)

Looking for more options? [Refine your search](#).

1702

Recipe, POINTS per serving

Apple Braised Chicken, 5
Baked Chicken with Sun dried Tomato Sauce, 5
Barbecue Chicken and Black Bean Pizza, 7
Basque Chicken, 7
Chicken and Dumplings, 5
Chicken and Sausage Gumbo, 6
Chicken Burritos, 5
Chicken Enchiladas, 7
Chicken Fajitas, 6
Chicken Fingers with Barbecue Sauce, 5
Chicken in Apricot Sauce, 5
Chicken Jambalaya, 6
Chicken Mole Wraps, 7
Chicken Paella, 7
Chicken Parmigiana Sandwich, 6
Chicken Poppers, 6
Chicken Pot Pie, 6
Chicken Salad in Whole-Wheat Bread Bowl, 5
Chicken Sauté with Pine Nuts, 6
Chicken Steamed with Artichokes and Tomatoes, 5

| Source | Time |
|-------------------------|---------|
| Main Meals | 55 min |
| Main Meals | 30 min |
| Main Meals | 30 min |
| Main Meals | 45 min |
| Main Meals | 40 min |
| Main Meals, Soups | 33 min |
| Main Meals | 37 min |
| Main Meals | 60 min |
| Main Meals | 25 min |
| Main Meals | 22 min |
| Main Meals | 45 min |
| Main Meals | 50 min |
| Main Meals | 31 min |
| Main Meals | 330 min |
| Sandwiches | 35 min |
| Main Meals, Side Dishes | 20 min |
| Main Meals | 65 min |
| Main Meals | 20 min |
| Main Meals | 25 min |
| Main Meals | 50 min |

[Browse](#)

Search Keywords:

[All](#) [▼](#)

[FIND](#)

POINTS range: to [FIND](#)

Looking for more options? [Refine your search](#).

Your search returned 48 recipes

page 1 of 3 [prev](#) [next](#)

FIG. 17

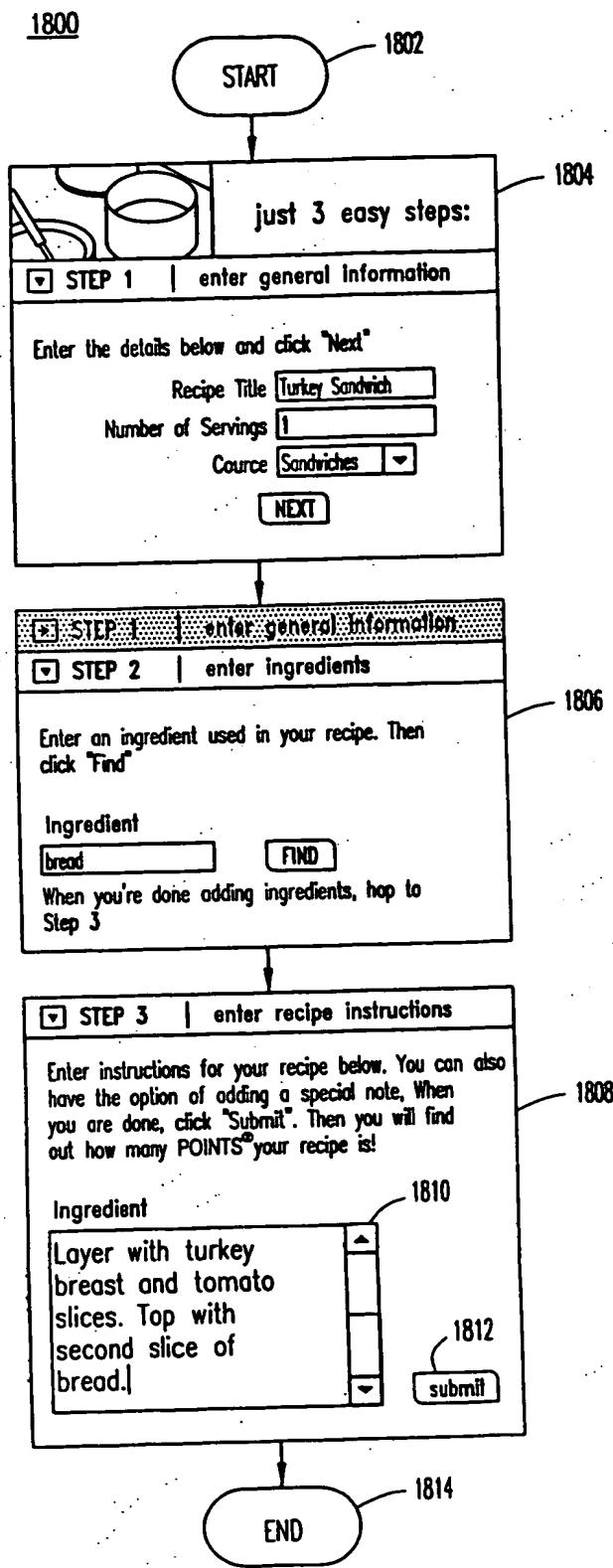


FIG. 18

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808b

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weight tracker Wednesday, January 16, 2002

Most recent weight: 221.6lbs on 1/14/2002
POINTS Range: 22-27
Meeting day: Monday 1902

Milestones:

Thank You [VIEW PROGRESS CHARTS](#)

Thank you for logging your weight this week!
Please return next Monday to log your weight.
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health & safety

we put your health and safety first. Learn about how your weight and weight-loss efforts can affect your health.

- [What's your BMI](#)
- [Effects of Rapid Weight Loss](#)

getting to weight goal

Whether you lost big this week or were a little disappointed, remember to take time out to get inspired all over again.

- [18 Ways to Reward Yourself](#)
- [Create a Motivating Strategy](#)

learn more, weigh less

Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters alike!

- [The Great Weigh-In](#)
- [20 Weight Loss Tips \(from Real Meeting Goers!\)](#)

1lb | 5lb | 10lb | 25lb

4 sticks of butter

[Change your country](#)
[Terms & Conditions](#) | [Privacy](#) | For subscribers only: [Subscription Agreement](#)

FIG. 19

22/28

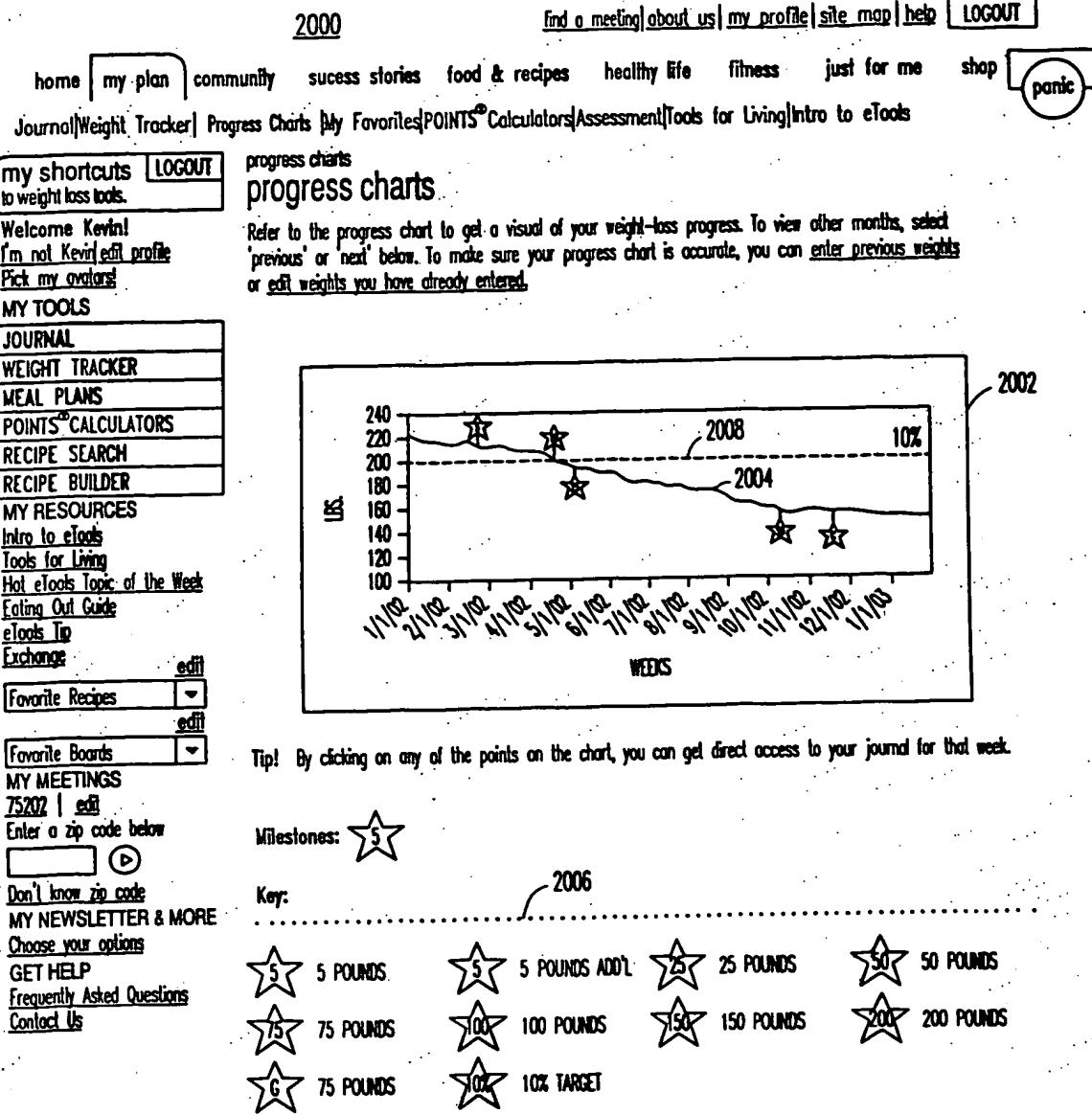


FIG. 20

2100

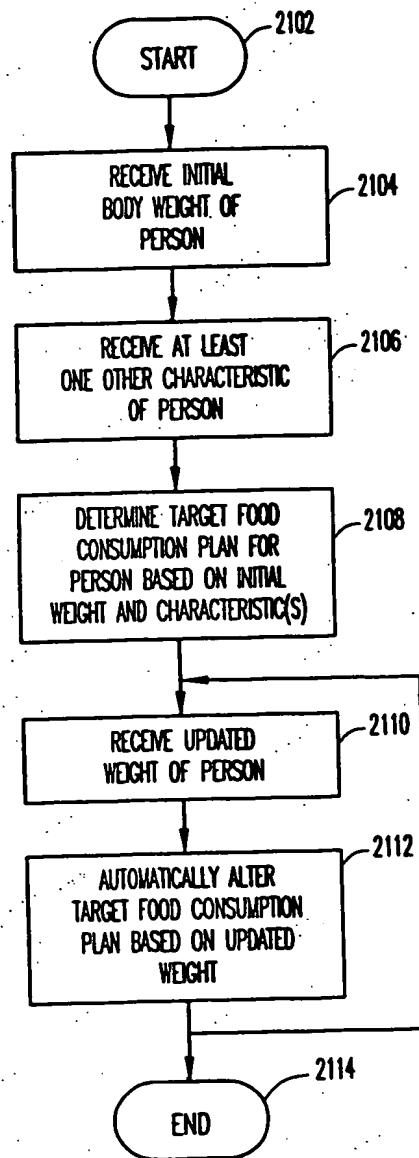


FIG. 21

2200

2202

find a meeting | about us | my profile | site map | help | [LOGOUT](#)

home my plan community success stories food & recipes healthy life fitness just for me shop [panic](#) 826

don't panic!
...we know how hard it can be.

Never trade what you want at the moment for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- I want to lose weight, but I can't seem to get started.
- My weight-loss is at a standstill.
- I've fallen off the wagon.
- I'm thinking of quitting.
- I gained this week.
- I can't do this.
- I just ate a whole chocolate cake.
- I can't stop overeating.
- Everybody I know is losing weight except me.
- I'm stressed.
- My family and friends keep bringing me food!
- My spouse doesn't seem to want me to lose weight.
- I'm planning a vacation. How will I stay on track while away?
- My friends have asked me to go out to eat with them.
- I have zero POINTS left for the day!
- Somebody just said something really hurtful to me.
- None of my jeans fit me anymore!
- I'm too big to fit into a bus seat.
- I'm going to have to stand in front of a crowd. People will notice me.
- I feel so lonely.
- I'm bored with trying to lose weight.
- I'm frustrated with trying to lose weight.
- I hate exercising.
- I've lost my motivation.
- I feel thinner and look thinner, but I'm not losing pounds.

2300

The screenshot shows a web browser window with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar with icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. The address bar shows 'http://'. Below the toolbar is a navigation bar with links: Journal, Weight Tracker, Progress Charts, My Favorites, POINTS®, Calculators, Assessment, Tools for Living, Intro to eTools. The main content area is titled 'my profile' and 'edit public profile'. It includes a sub-section 'make public' with checkboxes for 'User name', 'E-mail address', 'Birthdate', 'Gender', 'Marital status', 'Number of children', 'Profession', 'Astrological sign', 'My home page', and 'Astrological sign'. A text input field for 'Signature' is present with the text '180/169.4/141'. At the bottom, there are fields for 'Start weight' (223 lbs), 'Current weight' (221 lbs), 'Weight goal' (150 lbs), and a 'submit' button. The bottom of the page features a toolbar with icons for Home, Favorites, Mail, Print, and Internet, and a status bar showing '2306'.

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http:// Go

Journal|Weight Tracker|Progress Charts|My Favorites|POINTS®|Calculators|Assessment|Tools for Living|Intro to eTools

my shortcuts [Logout](#)

Welcome Kevin!
I'm not Kevin [edit profile](#)
[Pick my avatars!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS® CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)

[Tools for Living](#)

[Hot eTools Topic of the Week](#)

[Eating Out Guide](#)

[eTools Tip](#)

[Exchange](#) [edit](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

MY MEETINGS

75202 [edit](#)

Enter a zip code below

[\(P\)](#)

[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)

[Contact Us](#)

my profile

edit public profile

2304

2302

2306

make public

User name: John Smith

E-mail address: jsmith@workplace.com

Birthdate: 07/14/66

Gender: Male

Marital status: Single

Number of children: 0

Profession: Professional (e.g.,doctor, lawyer)

Astrological sign: Cancer

My home page: <http://www.workplace.com>

Astrological sign: Beam me up, Scottie

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141

Start weight: lbs

Current weight: lbs

Weight goal: lbs

2306

submit

Internet

FIG. 23

806c

Address http://

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Go

806c

808c

home my plan community success stories food & recipes healthy life fitness just for me shop panic

Message Boards | Chats | Community Recipe Swap

share favorite recipes with friends

Welcome to Community Recipe Swap, the place to share your most delicious, POINTS®-worthy recipes with our online community. You can also search our growing database of more than 200 recipes (and counting).

- Share your recipe
- Search recipes

15 recent recipes

| SHARE YOUR RECIPE | | SEARCH RECIPES |
|--------------------------------------|----------------|----------------|
| Recipe Name | User Name | Posted |
| Veggie Omelet | smiles_miki | 01/26/2002 |
| chocolate peanut butter parfa | dechantbone | 01/26/2002 |
| Peanut butter & Raisin Cakes | jennifergracem | 01/26/2002 |
| Fruit cloud | justived | 01/26/2002 |
| Mini Mocha-Toffee Crunch Chessecakes | plz2001 | 01/26/2002 |
| Autumn Bisque | mamacake | 01/25/2002 |
| Fruit Fluff | kronise | 01/25/2002 |
| Green Bean Soup | bswan628 | 01/25/2002 |
| greek Omelet | suzanneh7 | 01/25/2002 |

2404 2402 2406

SHARE YOUR RECIPE SEARCH RECIPES

subscriber highlight

recipe search Search more than 700 official recipes.

Keywords:

POINTS to

refine search

for subscribers only

POINTS calculator Find POINTS for thousands of foods.

Calculate food POINTS

recipe builder Find POINTS for your favorite recipes.

Calculate recipes POINTS

meal plans Get delicious meal suggestions for every day of the week.

View Meal Plans

Learn more about subscriber benefits

Internet

FIG. 24A

806c

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http:// Go

find a meeting | about us | my profile | site map | help | LOGOUT

808c

home my plan community success stories food & recipes healthy life fitness just for me shop panic

Message Boards | Chats | Community Recipe Swap

community recipe swap

share your recipe

my shortcuts LOGOUT

Welcome Kevin!
I'm not Kevin edit profile
Pick my avatars!

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS™ CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

intro to eTools

tools for living

Hot eTools Topic of the Week

Eating Out Guide

eTools Tip

Exchange edit

Favorite Recipes edit

Favorite Boards

MY MEETINGS

75202 | edit

Enter a zip code below

Don't know zip code

MY NEWSLETTER & MORE

Choose your options

GET HELP

Frequently Asked Questions

Contact Us

808c

Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit". Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS.

IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.

2408

Recipe Title: 2410

From the Kitchen of:

Meal Course: Breakfast 2412

Number of Servings: 2414

Estimated POINTS per serving: 2416

Ingredients: 2418

Instructions: 2420

Special Notes: 2422

2424

RESET SUBMIT

Internet

FIG. 24B

2400c

The screenshot shows a web browser window with the following details:

- Address Bar:** http://
- Menu Bar:** File, Edit, View, Go, Favorites, Help
- Toolbar:** Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit
- Header:** 806c, Go, find a meeting, about us, my profile, site map, help, LOGOUT
- Navigation:** home, my plan, community, success stories, food & recipes, healthy life, fitness, just for me, shop, panic
- Section:** Message Boards, Chats, Community Recipe Swap, 808c, community recipe swap, share your recipe
- Text:** Browse or search more than 2000 user-recommended recipes below.
- Search:** browse recipes (All), FIND, 2426
- Search Options:** search, Search by: recipe name, user name, Enter Name: FIND, 2428a, 2428b
- Refine Search:** refine search, Search for any combination of categories below. The more options you choose, the more refined your search will become.
- Estimated POINTS:** 2432, Range: [] to [], 2434
- Meal Course:** Beverages, Breakfast, Cakes, Desserts, Light Meals, Main Meals, Sandwiches, Sauces, Side Dishes, Snacks, Soups
- Posting Date:** 2436, Search for recipes posted in the last All: [] to [], FIND, 2438
- Right Sidebar:**
 - subscriber highlight:** recipe search, Find what you're craving, Search more than 700 official recipes, Go to Recipe Search, Learn more about subscriber benefits
 - for subscribers only:** POINTS calculator, Find POINTS for thousands of foods, Calculate food POINTS
 - recipe builder:** Find POINTS for your favorite recipes, Calculate recipes POINTS
 - meal plans:** Get delicious meal suggestions for every day of the week, View Meal Plans, Learn more about subscriber benefits
- Bottom:** Internet

FIG. 24C